



Easy Garden Soup

PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES | SERVES: 6

This colorful, tomato-based soup is chock full of vegetables, requires no chopping, and comes together in just half an hour.

Ingredients

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| 1 Tbsp. vegetable oil | 1 can (15 oz.) peas, drained |
| 1 Tbsp. tomato paste | 1 can (14.5 oz.) cut green beans, drained |
| 2 Tbsp. dried minced onion | 1 can (14.5 oz.) sliced carrots, drained |
| 1 tsp. sugar | 3 cups chicken or vegetable broth |
| 1 tsp. dried oregano | Salt and black pepper, optional |
| 1/2 tsp. garlic powder | 2 Tbsp. chopped fresh parsley, optional |
| 2 cans (14.5 oz. each) diced tomatoes, not drained | |
| 1 can (15.25 oz.) whole kernel corn, drained | |

Instructions

1. Heat oil in a large saucepan or Dutch oven over medium heat. Add tomato paste, onion, sugar, oregano, and garlic and cook until fragrant, about 2 minutes, stirring constantly.
2. Add remaining ingredients and bring to a boil over medium-high heat. Reduce heat to medium and simmer for 15 minutes.
3. Season to taste with salt and pepper, if desired. Serve soup sprinkled with parsley, if desired.

TIP: To freeze extra tomato paste, spoon any remaining paste from can onto plastic wrap. Fold wrap over paste and lightly form into a log by rolling on a flat surface; twist ends and freeze. Then, simply unwrap and carefully slice off desired amount before returning remaining paste to freezer. Paste will keep 2 months in the freezer.

Serving suggestions:

Soup is delicious with grilled ham and cheese sandwiches or saltine crackers.